I CLAIM:

1. A roll off container hoist with a front retractable loading frame roll forming a hoist with a break of the loadable frame structure at a forward end of the hoist, said hoist comprising:

a vehicle frame;

a main hoist frame pivoted to said vehicle frame at a rear pivot point;

a main lift cylinder attached to said vehicle frame and said main hoist frame for pivoting said main hoist frame relative to said vehicle frame;

a loadable extension frame coupled to said main hoist frame forward of said pivot point and forming a break in the loadable frame structure of the hoist.

2. A roll off container hoist with a front retractable loading frame for height restricted areas, said hoist comprising:

a vehicle frame;

a main hoist frame pivoted to said vehicle frame at a rear pivot point;

a main lift cylinder attached to said vehicle frame and said main hoist frame for pivoting said main hoist frame relative to said vehicle frame;

a loadable extension frame slidably coupled to said main hoist frame forward of said pivot point and extendable from and retractable into the main hoist frame and loadable with the main hoist frame at any dump angle.

- 3. The hoist of claim 2 further including a cable attachable to a container for assisting in the loading/unloading of the container.
- 4. The hoist of claim 3 wherein said cable is attached at an anchor end thereof through a cable anchor to said extension frame.

- 5. The hoist of claim 4 wherein said cable 40 extends from said anchor end and is reeved around a plurality of sheaves 44 exiting a final vertically mounted sheave 44 at the forward end of said extension frame.
- 6. The hoist of claim 5 wherein two of said sheaves 44 are on said main hoist frame and three of said sheaves are on said extension frame.
- 7. The hoist of claim 6 wherein said cable extends from said cable anchor to a first said sheave 44 on said main hoist frame and is wrapped about 180 degrees, said cable extends to a second said sheave on said extension frame and is wrapped about 90 degrees, said cable extends to a third said sheave on said extension frame and is wrapped about 90 degrees, said cable extends to a fourth said sheave on said main hoist frame and is wrapped about 180 degrees, said cable extends to a fifth said sheave vertically mounted on said forward end of said extension frame and is wrapped 180 degrees, and said cable extends to a container above said extension frame and said main hoist frame.
- 8. The hoist of claim 4 further including a pair of loading cylinders 50 on said main hoist frame and attached to said extension frame for moving both said extension frame and said cable.

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